

March 2018

Lent IS A TIME TO
GROW
CLOSER TO JESUS

Dear Friends,

We are well into our Lenten season, and even though we seem to be still locked into winter, the days are lengthening. As I write this, February is in its waning days, and I'll admit to being ready for spring. In mid-Lent, along with looking forward to spring, it is a good time to look back over the last several weeks and make a refreshed start for the rest of the Lenten season. Good questions to ask are "Have I stuck with my intended disciplines?" "Have I found time for quiet reading, prayer and reflection?" "Am I closer to God?" For me, the answer to these questions is often a mixed bag, I'll confess. So the question to ask now is "What can I do today to move in a positive direction?" The following words, attributed to Pope Francis are a wonderful boost for the winter-weary who yearn for spring, renewal, growth and a reenergized spirit.

Do You Want to Fast this Lent?

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

~attributed to Pope Francis

As you continue on your Lenten path, seek the signs of spring in the earth, find hope and energy in the lengthening days and always seek new paths toward love and renewal.

Your sister in Christ,

Mother Bonnie+